



MOUNTAINEER — WRESTLING —

MOUNTAINEER TEAM CAMP

JULY 14-18

The Mountaineer Team Camp is designed to get you as many live matches as possible. There will be one session each day focusing on techniques in all areas of wrestling, followed by two sessions of live matches. You will be taught and coached by WVU coaches and wrestlers, as well as other great high school coaches. There will be a dual meet team champion, as well as an individual TD tournament. The goal is to provide you with match experience, while being coached by top level wrestlers and coaches. Wrestlers will receive a personal evaluation of their wrestling at the end of camp. Daily motivational talks include nutrition and diet, strength and conditioning and mental preparation.

TYPICAL DAY

8 a.m. | Breakfast

9 a.m. – 11 a.m. | Technique and Education Session

12 p.m. | Lunch

1 p.m. – 3 p.m. | Live Matches

5 p.m. – 6 p.m. | Dinner

6:30 p.m. – 8:30 p.m. | Live Matches

COST/INFORMATION

July 14-18

\$435 per camper or \$325 per commuter

- A wrestler does not need to attend with a team. Individuals will be assigned to a team for duals.
- Check in will take place on Sunday from 3 p.m. to 5 p.m., followed by dinner and one wrestling session.
- Check out will follow the last session on the final day of camp from 2:30 p.m. to 3:30 p.m.
- Please bring twin sheets, blankets, pillows, wrestling gear and clothes.
- Of note, our online payment system does not process group and sibling discounts. Refunds will be provided at the start of camp or payment arrangements can be made through assistant head coach Cliff Moore.



WVU COACHING STAFF



Head Coach
Tim Flynn



Assistant Head Coach
Cliff Moore



Assistant Coach
Mitchell Port



Assistant Coach
Cody Walters

WVU CAMP COUNSELORS



133 Pounder
Matt Schmitt



165 Pounder
Nick Kiussis



197 Pounder
Noah Adams



285 Pounder
Brandon Ngati



WVUCAMPS.COM

Open to any and all entrants

Contact assistant head coach Cliff Moore with questions:
Clifford.Moore@mail.wvu.edu or 304-293-9874